



*“Delight yourself in the LORD,  
and He will give you the desires of your heart.”*

PSALM 37:4

ABOUT THIS  
PRAYER JOURNAL

*“Before you intercede, be quiet first, and worship God in His glory. Think of what He can do, and how He delights to hear the prayers of His redeemed people. Think of your place and privilege in Christ, and expect great things!”*

— ANDREW MURRAY

This prayer journal aims to lead you in worship and guide your specific prayer requests to our heavenly Father. Each day has a different theme this purpose. Our hope is that this journal might help “fan into flame the gift of God” <sup>2 Timothy 1:6</sup>—that His joy “may be in you, and that your joy may be full.” <sup>John 10:10; 15:1-11</sup> There is a public playlist on the Spotify app titled “Hymns and Prayers - 2023” of the hymns on the following pages. Below is a brief guide for your daily time of prayer.

**1 · PRAISE GOD.** “Lord God, I praise you as ...” Adonai (LORD) <sup>John 20:28; Rom 10:9-10; Phil 2:11</sup>; Almighty <sup>Gen 17:1</sup>; Alpha and Omega <sup>Rev 1:8</sup>; Ancient of Days <sup>Dan 7:9, 22</sup>; Christ/Messiah <sup>Matt 16:16</sup>; Creator <sup>Gen 1:26-27; Col 1:16</sup>; Everlasting <sup>Deut 33:27</sup>; Everlasting Father, Prince of Peace, Almighty God, Wonderful Counselor <sup>Is 9:6</sup>; Father, Son, and Holy Spirit <sup>Matt 28:19</sup>; Holy <sup>Is 6:3</sup>; I AM <sup>Exo 3:14-15; John 8:58</sup>; Immanuel <sup>Matt 1:23</sup>; Just and Justifier <sup>Rom 3:26</sup>; King of Kings and Lord of Lords <sup>Rev 19:16</sup>; Lamb of God <sup>John 1:29</sup>; LORD of Hosts <sup>Is 47:4</sup>; Most High <sup>Ps 92</sup>; our Righteousness <sup>Jer 23:6; Rom 3:26</sup>; our Victory <sup>Ex 17:15</sup>; Prophet <sup>John 14:24</sup>; Priest <sup>Heb 3:1; Heb 9:12</sup>; King <sup>Zech 9:9; Col 1:13</sup>; Provider <sup>Gen 22:14</sup>; Reconciler <sup>Col 1:20</sup>; Redeemer <sup>Is 47:4</sup>; Sanctifier <sup>Ex 31:13</sup>; Savior <sup>John 4:42; 1 Tim 1:1</sup>; Sustainer <sup>Heb 1:3</sup>; Teacher <sup>John 20:16</sup>; Jesus <sup>Phil 2:10</sup>; the Word <sup>John 1:1</sup>; the Bread of Life <sup>John 6:35</sup>; the Light of the World <sup>John 8:12</sup>; the Gate <sup>John 10:9</sup>; the Good Shepherd <sup>Ps 23:1; John 10:11</sup>; the Resurrection and the Life <sup>John 11:25-26</sup>; the Way, the Truth, and the Life <sup>John 14:6</sup>; the Vine <sup>John 15:5</sup>.

**2 · THANK GOD.** “Thank you for ...” Thank God for your breath, food, clothing, shelter, family, new life, His Word, His Spirit, etc. <sup>Jas 1:17</sup>

**3 · CONFESS SIN.** “I confess that ...” Confess the specific ways that you have sinned against God by (1) doing what He forbid and (2) not doing what He requires. <sup>1 John 1:9</sup> Ask Him to pierce your heart and shine the light of His presence into areas that are still darkened by sin—that you might “receive mercy and find grace ... in time of need.” <sup>Heb 4:12, 16</sup> Ask God to put to death your besetting sins. <sup>Rom 8:13</sup>

**4 · ASK GOD.** “I ask now that ...” Bring your requests—according to your delight in God’s will <sup>Matt 26:39</sup>—before your heavenly Father who loves and cares for you. <sup>1 Pet 5:7</sup> Come with confidence before His throne of grace. <sup>Heb 4:16</sup>

**5 · SATISFY ME.** “Holy Spirit, as I read your Word, would you cause me ... (1) to know it with my mind, (2) to love it with my heart, (3) to choose it with my will, (4) to feel it with my affections, (5) to reflect it in my relationships, and (6) to embrace it as my purpose. Would You ‘Satisfy me in the morning with your steadfast love.’” <sup>Ps 90:14; Ps 119:18</sup>

*This resource and other similar resources can be found at  
<https://www.declaringthepraises.com/resources>*

GOSPEL  
MEMORY VERSES

**WHAT IS THE GOSPEL?** The gospel is the good news that God has made a way for sinners to be restored to Himself and to His good design through the God-man, Jesus Christ. <sup>1 Timothy 2:5-6</sup>

**1 GOD · GOD IS WORTHY**

“Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.” <sup>Revelation 1:11</sup>

*Truth: Life flourishes under the authority of God’s “very good” design.* <sup>Gen 1:31</sup>

**2 SIN · CHOOSING OUR WAY OVER THE WAY**

“Your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.” <sup>Isaiah 59:2</sup>

*Truth: Sin is the result of a failure to trust God’s good purposes in favor of our own.* <sup>Gen 3:1; Rom 3:10-11; Jas 4:1</sup>

**3 CONSEQUENCES · LIFE APART FROM GOD**

“He will punish those who do not know God and do not obey the gospel of our Lord Jesus. They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might.” <sup>2 Thessalonians 1:8-9</sup>

*Truth: Life apart from the fullness of God’s goodness is both the present and eternal consequence for those who reject His good design.* <sup>John 10:10; Rom 6:23</sup>

**4 REDEMPTION · SALVATION IN NO ONE ELSE**

“But God shows his love for us in that while we were still sinners, Christ died for us.” <sup>Romans 5:8</sup>

*Truth: Jesus Christ is the only way that anyone will ever be saved from the consequences of their sin.* <sup>John 14:6; Acts 4:12; 2 Cor 5:21; 1 Tim 2:5-6</sup>

**5 RESPONSE · MY WAY OR GOD’S WAY**

“Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.” <sup>John 3:36</sup>

*Truth: The cross is God’s divine summons for us to turn from our sin and turn back to Him.* <sup>Matt 16:25; Mark 8:34-35; 1 John 5:12; Rom 10:9-10</sup>

**6 RESTORATION · NEW LIFE IN CHRIST NOW AND FOREVER**

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” <sup>John 10:10</sup>

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” <sup>Revelation 21:4</sup>

*Truth: As we abide in Christ, we are restored to the “very good” life for which we were created.* <sup>John 15:1-11</sup>







